

**Subject:** Seniors' Council of Douglas County: First Friday Update - September 2022



## **First Friday Update September 2022**

### **What is social wellness and why is it so important?**

Social wellness simply means nurturing yourself and your relationships with others by giving and receiving social support - ensuring that you have friends and others, including family, to turn to in times of need or crisis. Social support enhances the quality of life and provides a buffer against difficult life experiences. It can be as basic as making time for a friendly chat, helping someone feel cared for, offering financial assistance, performing household tasks for someone or providing helpful information.

Research shows that people who have strong social support networks benefit from healthier cardiovascular functioning, enhanced immune systems and generally tend to live longer. You can grow your social support network in a variety of ways, including joining an exercise group, volunteering for a cause you are passionate about and finding others who share a similar interest, such as hiking, painting, reading, crafting and much more.

As a suggestion, consider volunteering for the [Castle Rock Senior Activity Center](#) (CRSAC). It has opportunities to help others and provides programming and much-needed services for older adults, such as transportation to medical appointments, food delivery, and offers a wide variety of activities.

### **Do Not Call Lists**

Unwanted telephone calls, emails and third-class mail can be annoying and overwhelming. There are certain steps you can take to eliminate these annoyances. Let's take a look at unwanted phone calls:

- **Colorado Do Not Call List** – If you have a cell phone and/or landline, you can register each number by calling 800-309-7041 or online at <https://www.coloradonocall.com/default.aspx>. It will take about 3-4 months for unwanted calls to stop. If you get calls, you can remind the caller that you are listed on the Do Not Call list and ask them to remove your name from its database.
- **National Do Not Call List** – You'll need to register separately with this program as the federal government no longer cooperates with states to automatically add you to its list. Register with them at <http://www.ftc.gov/donotcall> or call 1-888-382-1222.
- **Exemptions** – Please note that nonprofit organizations and political campaigns are exempt and can call even though you may have registered your phone number(s) with the above programs. Next month we'll take a look at eliminating unwanted 'junk' mail.

**We invite you to share this update with others who might be interested!**

**Stay healthy, stay connected**

*Gretchen Lopez, Chair*

### **Getting Ready for Medicare Open Enrollment**

Each year Medicare has a few changes we need to know about. Desiree Boelte, Colorado State Health Insurance Assistance Program (SHIP) Program Manager, will present upcoming changes to the Medicare program for 2023 and share information about our various Medicare options for next year. Please join us on **Thursday, October 6 at 10 a.m.** at the Parker Library, 20105 East Mainstreet to learn the details and how to access a SHIP counselor for accurate and unbiased plan information - an informed consumer is a smart consumer.

### **Colorado HorsePower's Gala on September 17<sup>th</sup>**

This local nonprofit offers free programs for retirees, veterans and first responders who enjoy interacting with horses and learning basic horsemanship. Financial support for these programs is made possible through grants and donations. Colorado HorsePower is hosting its gala fundraiser on September 17<sup>th</sup> starting at 5 p.m. at 5027 Garton Road in Castle Rock. Dinner, dancing, a silent auction, cocktails and a pig roast are all part of the fun. Tickets are \$95 at the door or can be purchased at [www.coloradohorsepower.org](http://www.coloradohorsepower.org). Wear your denim and diamonds!

### **Parker Senior Center Hosts a Community Resource Fair on September 29**

Stop by our table on **Thursday, September 29<sup>th</sup>** at the Community Resource Fair sponsored by the Parker Senior Center. It will be held in Event Rooms A & B at the Parker Library, 20105 East Mainstreet from 9 a.m. to noon. Check out information on a wide variety of local resources available for you or a loved one. Then enjoy lunch at one of the many quaint restaurants right there in downtown Parker or visit O'Brien Park for a relaxing walk.

## **Thieves Target Older Adults at Local Stores**

According to the Douglas County Sheriff's Office, thieves have been targeting older adults at local stores in Castle Rock and Highlands Ranch. There have been several instances where patrons have gone to pay for their food or shopping items and discovered their wallet is missing. It is recommended that purses or tote bags be zipped, if possible, but also be kept on your body or as close to you as possible. An example of how this is happening might be someone placing their purse in a shopping cart and then stopping to see what produce is ripe, allowing someone an opportunity to grab their wallet. For information on Senior Services and Safety offered by the Sheriff's Office, please visit

<https://www.dcsheriff.net/community/senior-services/>.

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